



2018 - NEWS & VIEWS

Elder Services, A Division of the Community Services Department

The Center at Punchard: Andover Senior Center (ASC)

CONTACT INFORMATION

Phone #: 978-623-8320

Information Line: 978-623-8302

Physical Address:
30 Whittier Ct. Andover, MA 01810

Mailing Address:
36 Bartlet St. Andover, MA 01810

Email:
Seniorcenter@andoverma.gov

Website:
www.andoverma.govseniorcenter

HOURS OF OPERATION

Monday: 8 - 4 p.m.

Tuesday: 8 - 4 p.m.

Wednesday: 8 - 4 p.m.

Thursday: 8 - 8 p.m.

Friday: 8 - 4 p.m.

MISSION STATEMENT

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.

SOCIAL MEDIA



@AndoverSeniorCenter



@Andover_Senior_Center



@Andover_Senior



IMPORTANT UPCOMING DATES TO PUT ON YOUR CALENDAR

November

- **Community Wide Flu Clinic-** *Thursday, November 8th, 4-7 p.m.*
- **Election Day-** *Tuesday, November 6th, the Andover Senior Center (ASC) is Closed*
- **Fuel Assistance-** *Friday, November 9th, 9-12 p.m. (Coming 1x month Dec-Feb)*
- **SHINE Open Enrollment Event-** *Wednesday, November 7th, 9-2 p.m.*
- **Thanksgiving Luncheon-** *Wednesday, November 14th, 12-1 p.m.*
- **Veterans Day Celebration-** *Thursday, November 8th, 1:30 p.m.*
- **Veterans Day Observed-** *Monday, November 12th, the is Closed*

December

- **Holiday Fair,** *Friday, December 7th*
- **Holiday Luncheon,** *Thursday, December 13th*



Monthly Events & Programs

American History With Don Robb: The Civil War Era 1850-1880

In 1861 both the Union & the Confederacy claimed to be fighting for freedom & used the same marching song, The Battle Cry of Freedom. Local historian, Don Robb will examine why compromise failed, the real causes of the war, why we remember significant battles, how the war changed America & what Reconstruction meant to African Americans & the South. We have moved this program to Memorial Hall Library (MHL) this session in order to allow more individuals to participate. *Thursdays, September 27th, October 4th, 11th, 18th, 25th & November 1st | 1:30-3:00 p.m. | Cost: FREE | Must register through the ASC or MHL to attend*

Bereavement Support Group

Held on the first Thursday of every month, this support program is designed to provide individuals help coping with the loss of a loved one. *Thursday, October 4th | 1:30 p.m. | Cost: FREE | Must register to attend by calling Lois Marra of Home Health VNA Hospice at (978) 552-4537, leave your message with your name & phone number & Lois will return your call.*

Brown Bag

Anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, food stamps or fuel assistance can participate in this program & receive a grocery bag of perishable & non-perishable food items on the 4th Tuesday of every month. Bags must be picked up by 10:15 a.m. Call Annmary or Kristine to complete an application. *Tuesday, October 23rd | 9:30 a.m. | Cost: FREE | Must apply to participate in this program*

Caregiver Support Group This is a new support group at the Center that will be held on the third Monday of every month, offering caregivers the opportunity to sit with other caregivers to discuss the challenges associated with their role & support each other | *Monday, October 15th | 1:30 p.m. | Cost: FREE | Must register to attend*

COA Board Meeting

Held on the second Thursday of every month, all are welcome to attend! *Thursday, October 11th | 8:30 a.m.*

Community Acupuncture

We are fortunate to be partnering with Acupuncturist, Dave Eyerman, who practices his holistic approach to wellness downtown. He will be coming to the Center every other Friday to provide people with treatment. *Friday, October 12th & 26th | 1-3 p.m. | Cost: \$20 per person | Must call the Center to make an appointment*

Computer Users Group

Held once a month at MHL. *Mondays October 15th, November 5th & December 10th | 1:30 p.m. | Cost: FREE | Must register to attend*

Drama Reading & Discussion

Find reading drama alone unsatisfying? Come read and emote with us! These two Pulitzer Prize winners "lay bare the truths of our lives" through humor, sadness & the impact of our shared experiences. The group will read Wit by Margaret Edson & Three Tall Women by Edward Albee *Mon, October 1st, 15th, 22nd & 29th | 1-3 p.m. | Cost: FREE | Must register to attend*

Fix It Shop

Bring your lamps (new cords & sockets), small appliances, chairs, small tables & any other small project & this group will try to fix it! *Mondays, October 1st & 22nd | 1-3p.m. | Cost: \$4 plus parts for seniors (ID required), \$10 plus parts for non-seniors/non-residents, \$2 diagnostics fee | Individuals are seen on a first come first served basis*

Flower Therapy Workshop

The Power of Flowers Project (POFP) is an organization dedicated to bringing joy to others one flower at a time! Volunteers rescue and refresh gently used flowers donated from weddings, banquets, memorial services, etc. to create beautiful bouquets that are sent to nursing homes, assisted living facilities, senior centers, etc. Volunteers also conduct Flower Therapy Workshops (FTW) throughout the community, which promote fine motor skills, engage the senses & create a positive social setting. Flowers & supplies are provided & all participants will feel accomplished when they get to take their bouquets home to enjoy! *Tuesday, October 2nd | 11 a.m. | Cost: \$8 | Must register to attend, space is limited (this workshop will be held again in Nov & Dec)*

Friday Morning Breakfast Speaker Series

This social educational program is held on the second Friday of every month September-June. Enjoy a nice breakfast & presentations on an array of topics. *Friday, October 12th | breakfast is served at 8:30 a.m. & presentation begins at 9:00 a.m. | Cost: \$4 | Must register to attend*

FRIENDS Fundraiser at the 99 in Andover

On Wednesday, **October 17th the FRIENDS are holding a fundraiser at the 99 in Andover (on rte.133) from 3-10 p.m.** If you purchase anything during this timeframe & you present your waiter/waitress with a flyer 15% of your total will be donated to the FRIENDS. You can access a flyer at the ASC and in different locations around town. There will also be a raffle & other fun with the FRIENDS, this is a simple way to get involved & help to raise money for programming at the ASC!

Fun Bus Trip

This trip occurs on the third Monday of every the month & in October the group will be going to Walmart, North reading!! We are working on a second trip, check in at the Senior Center for details. *Monday, October 15th | 9 a.m. | Cost: \$10 | Must register to attend*

Happy Birthday to You!

Sign up for this fun congregate lunch with entertainment, cake & a raffle for participants with birthdays during the month. **It does not have to be your birthday month to attend, this month we will be celebrating September & October birthdays!** *Friday, October 19th | 11:45 a.m. | Cost: Suggested donation of \$2.50 | Must register to attend*

Frank's Famous Family Style Buffet

Come join us for a special luncheon to celebrate Senior Center Month, this event has been rescheduled from September! There will be a ham and roast beef carving stations; along with a variety of side dishes, desserts & beverages. *Tuesday, October 30th | 12:00 p.m. | Cost: \$8 | Must register to attend*



Monthly Events & Programs

Halloween Party

Older adults can enjoy Halloween too, so put on your favorite costume & come to this fun celebration! There will be activities, refreshments & a costume contest with prizes for the winners. *Wednesday, October 31st | 10:30 a.m. | Cost: \$5 | Must register to attend*

Hearing Aide Checks & Cleanings

We are excited to begin partnering with the Andover Hearing Center, LLC which is located in downtown Andover. Wendy Ring, Audiologist & Owner will be coming on the 1st Tuesday of every month to complete hearing aide checks & cleanings. *Tuesday, October 2nd | 9:30-10:30 a.m. | Must register to attend*

High Dose Flu Clinics

Two "High-Dose" Flu Clinics are scheduled for residents of Andover 65 yrs and older. Participants must fill out a consent form, which can be found at the Health Department, Town Offices, Center at Punchard, Library & on the town website. *Clinics are being held on Tuesday, October 2nd & Thursday October 4th at the Comier Youth Center | 9-12:00 p.m. | Cost: Bring Health Insurance Cards with you, there is no out of pocket charge | Must call the Health Department at 978-623-8640 or email health@andoverma.gov to schedule an appointment*



A NEW APPROACH TO ENHANCED LIVING AND MEMORY SUPPORT



The Woodlands Inn at Edgewood in North Andover provides innovative, homelike neighborhoods for both Memory Support and Enhanced Living — our unique take on Assisted Living. Here, residents enjoy their own master suite centered around a welcoming hearth and family room, bright open kitchen and dining area, as well as access to a wide array of activities and amenities.

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Living Healthy Series

Participants are served a light dinner at 5:30 p.m. then listen to a health/wellness presentation from 6-7 p.m. *Thursdays, October 4th-How to Prevent Caregiver Stress presented by Caregiver Homes, 11th-Virtual Dementia Tour presented by Ashland Farms, 18th-Introduction to Medical Marijuana, presented by Revolutionary Clinics & 25th-TBD | Cost: \$5 suggested donation | Must register*

Making Decisions When It Matters Most: Conversations About Health Care Proxy, Five Wishes & More! Sign up for this presentation being put on by Care Dimensions, a hospice, and palliative care provider. The program will discuss the importance of advance care planning & making one's health care wishes known through use of Five Wishes & other planning tools. *Wednesday, October 3rd | 10 a.m. | Cost: FREE | Must register to attend*

Medication & Syringe Disposal

Medication disposal is available at the Andover Police Department. Syringe disposal is available at the Center & at the Andover Police Department Public Safety Building at 35 Main St. If you have any questions call the Andover Police Department at 978-475-0411

Meet the Lawyer

Held on the 4th Monday of every month, older adults can sign up to meet with a lawyer who is licensed in MA & NH to ask him questions/legal advice. *Monday, October 22nd | 9:30-11:30 am | Cost: FREE | Must call to make an appointment*

Men's Outdoor Adventure Group

This group meets at the Center at 9 a.m. before they head out together to hike at a variety of locations. *Wednesdays October 3rd, 17th & 31st*

Memory Café

This activity is always held on the fourth Monday of every month (except for this month). In October participants will experience a Healing Drum Circle. *Mon, Oct 29th | 1:00 p.m. | Must register*

Nature Walks

Meet at the Senior Center to explore AVIS lands in Andover. *Fridays, October 5th, 12th, 19th & 26th | 9-11a.m. | Must register to attend*

Pain Management Support Group

This intimate and confidential group meets on the second Monday of every month & is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Facilitator: Gerry Rainville, RN, MSN | *Monday, October 15th | 1:30 p.m. | Cost: FREE | Please register*

Paper Arts

Join this workshop to learn how to create different art projects using just paper! Materials are Provided & no experience necessary. *Tuesday, October 9th | 1 p.m. | Cost: FREE | Must register*

Parkinson's Support Group

Second Thursday of every month | *Thurs, Oct 11th | 1:30 p.m. | To attend call Kristine Arakelian,*

Reflexology

An alternative medicine involving application of pressure to the feet. *Thursdays | 6-8 p.m. | Cost: \$1 per minute, 30 minute minimum & 90 minute maximum | Must call to make an appointment*

Monthly Events & Programs

SHINE (Serving Health Information Needs of Everyone)

This confidential counseling service helps individuals understand their Medicare insurance benefits & other health insurance options. *To see our SHINE Counselor you must call the Center to make an appointment | Cost: FREE*

State Senator Office Hours

Held on the fourth Monday of every month. Bring your questions for the staff of Barbara L'Italien's office. *Monday, October 22nd at 8:30 a.m. | Cost: FREE | Individuals are seen on a first come first served basis | November 2018 will be the last month for this program*

Stories at the Center

Through a new endeavor the Children's Room at Memorial Hall Library & the Center have partnered to host a monthly story hour for children 5 years old & under. Each month there will be a variety of books, songs, crafts & other activities. Elders are welcome to join to assist &/or participate in this intergenerational program. *Monday, October 29th | 10 a.m. | Cost: FREE | Please register*

Technology at the Center

We have laptops that are available for individuals to use when they come to the Center. The laptops can connect to the internet & can be used for an hour at a time. If you are interested in utilizing this new resource see the front desk.

Triad Meeting & Presentation

Meeting on Thursday, October 11th at 10 a.m. & the presentation is on Friday, October 12th at 10 Retired Assistant Superintendent Jason R. Ebacher of the Essex County Sheriff's Department & current Attorney with a law practice in Amesbury, MA, will be offering a free identity theft/senior scams presentation to Andover seniors. His talk will focus on scams & fraud affecting seniors.

Veterans Service Office

Outreach Services - Randy Carter, Northeast Veterans Outreach Center

randy.carter@andoverma.us | Tuesdays, October 2nd, 9th, 16th 23rd & 30th & Thursdays, October 4th, 11th, 18th & 25th | 9 – 1 p.m.

Ch115 and Benefit Assistance- Sue Magner, Director of Veterans Services Town of N.Reading
susan.magner@andoverma.us | Fridays | 1:30-4:30 p.m.

Ch115 Benefits & General Services- Christine Barraford, Office Assistant
christine.barraford@andoverma.gov | office located on the 3rd Floor | 978-623-8915

Virtual Dementia Tour

Have you ever wondered what it's like to have dementia? Ashland Farms, an assisted living & memory care facility will be giving a short presentation on some basic facts about dementia & answer any questions that participants have. Then everyone will have a chance to experience the Virtual Dementia Tour which is a scientifically proven method that builds sensitivity & awareness in individuals by temporarily altering their physical & sensory abilities with props & circumstances to simulate changes associated with cognitive impairments. *Tuesday, October 23rd | 10 a.m. | Cost: Free | Must register to attend*

Women's Outdoor Adventure Group (WOAG)

All hikes start at the Senior Center & the group leaves at 9:00 SHARP, to car pool to the hike. Appropriate hiking shoes, hats, poles, sun screen are recommended. ALL people hiking need to submit a NEW health form before their first hike (forms are available at the front desk at the Center). Emails are sent out prior to the hike with more specific details, if not already on the WOAG email list & you would like to be added contact Jane Gifun fleecy.godmother@verizon.net *Thursday, October 18th & Monday, October 29th | Cost: FREE | Must register to attend*

Letter From the Director of Elder Services

As we endeavored to provide shelter and services to the community during our community's gas crisis, the outpouring of public support for our efforts has been beyond words. I would like to recognize and thank the staff, volunteers, emergency responders and all those who responded from far and wide for their tireless support. This tragedy would have been so much worse had it not been for their efforts.

During the peak of the crisis, the Andover Senior Center was open continuously for over 72 hours. Our staff and volunteers were stretched. Even the building and infrastructure were tested. Through this trying time we recognized the necessity of the services the Center provides to the community, and the need for more space and capacity. The proposed Senior Center renovation and expansion would help address those shortcomings, and enable our community to provide enhanced services to the booming older adults on a daily basis and the community at large when a crisis strikes.

Over the next few months we will be hosting sessions regarding the renovation and expansion. We hope to see you at these meetings - please spread the word! As we continue the recovery effort please know that we are here to support everyone and do not hesitate to reach out.



Be well,

Annmary I. Connor, LCSW

Letter From an Andover Senior

When I walk into the Andover Senior Center at Punchard, I always feel a sense of community at this warm and welcoming place. This certainly was felt by hundreds of Andover residents of all ages during the recent Merrimack Valley gas crisis. Many people who received the frightening reverse 911 call to "evacuate immediately" thought first of coming to the Senior Center. In the midst of a time that people throughout the three affected communities described as "scary" and "frustrating," Center Director Annmary Connor and the staff at the Senior Center provided a safe, calming home-away-from-home.

But it was more than that. Staff members worked round the clock to provide free meals for more than two weeks. The Red Cross hastily set up beds. The media broadcast repeatedly that the Andover Senior Center was one of five places in the Merrimack Valley where people could go. And an elaborate shower to serve people with mobility issues was set up on the Center's patio.

If there is a silver lining in such a difficult time, it is how the community responded. Owners of businesses, who themselves had been adversely affected by the crisis, came forward to donate food and manpower to serve those seeking shelter. Calls came into the Center from residents throughout eastern Massachusetts, offering their homes or asking how they could help. Firefighters and emergency responders from throughout the region rushed to the Merrimack Valley. Governor Charlie Baker and Andover Town Manager Andrew Flanagan worked tirelessly behind the scenes to deal with and resolve the crisis and spoke on camera to reassure us. It's times like this when we realize what a great community Andover is!

-Tana Goldberg, Andover resident for 44 years & Andover Council on Aging member

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9- Sunrise Singers - Woodcarving - Quilting 10- Massage (by appointment) 10:15- Rhythm-'Aires 12- Lunch- Oven Roasted Chicken 1- ESL (off site) - Yoga for All - Drama Reading - Fix it shop 1:30-Computer Users Group (MHL) 3:30-Energize w/ Exercise	8- Men/Women in Motion 9- Strengthen & Stride High Dose Flu Clinic 9:30-Hearing Aide Cleaning & Checks 10- The Write Stuff 10:15- Sit & Get Fit 10:30- Yoga Beginners 11-Flower Therapy 12- Lunch- Beef Stroganoff 12:30- Mahjong 1- Fun & Games -Social Bridge Drop-In 1:10- Tai Chi Beginner 2- Breath, Balance & Body 2:15- Line Dancing	8 & 8:45-Strength Training 9- Model Building -Men's Outdoor Adventure 9:30- Basic Tap -Comfort Critters 10- Fiber Arts -Grocery Shop -Making Decisions Workshop 12- Lunch- Harvest Chicken 12:45-Performance Tap 1- Knit Wits - Fun & Games -Yoga Advanced Beginner 2- Wellness Clinic	8- Men/Women in Motion 9- Strengthen & Stride -High Dose Flu Clinic -Open Studio Art 9:30- Craft Corner 12-Lunch-Roast Turkey 1- Fun & Games -Dup Bridge 1:10-Tai Chi-Intermediate 1:30 Bereavement Group -American History (MHL) 2:15-Tai Chi Advanced Beg 3:30- Energize w/ Exercise 4- Neighbors In Need Pantry 5:30-Living Healthy 6-Belly Dancing -Reflexology 6:30-Table Tennis 7:15-Serenity Yoga	8 & 8:45-Strength Training 9- Nature Walks 10:15- Sit & Get Fit 12- Lunch-Seafood Salad 1- Fun & Games - ESL - Social Drop In Bridge 1:30-Bereavement Support 2- Ping Pong & Dancing 3- Mindfulness Meditation 6:30- Chinese American
Closed Columbus day 	8- Men/Women in Motion 9- Strengthen & Stride 10- The Write Stuff 10:15- Sit & Get Fit 10:30- Yoga Beginners 12- Lunch- Stuffed Cabbage 12:30- Mahjong 1- Fun & Games -Social Bridge Drop-In- Paper Arts 1:10- Tai Chi Beginner 2- Breath, Balance & Body 2:15- Line Dancing	8 & 8:45-Strength Training 9- Model Building 9:30- Basic Tap -Comfort Critters 10- Fiber Arts -Grocery Shop 12- Lunch-Chicken Marsala 12:45-Performance Tap 1- Knit Wits - Fun & Games -Yoga Advanced Beginner 2- Wellness Clinic	8- Men /Women in Motion 8:30-COA Board Meeting 9- Strengthen & Stride -Open Studio Art - WOAG 9:30-Craft Corner -Townie Trip 10-TRIAD Meeting 12- Lunch-Salisbury Steak 1- Fun & Games -Dup Bridge 1:30- Parkinson's Support -American History (MHL) 3:30- Energize w/ Exercise 4- Neighbors In Need 5:30- Living Healthy 6-Belly Dancing -Reflexology 6:30- Table Tennis 7:15- Serenity Yoga	8 & 8:45-Strength Training 8:30-Friday Morning Breakfast 9-Nature Walks 10-TRIAD Presentation 10:15- Sit & Get Fit 12- Lunch-Meatloaf 1- Fun & Games - ESL - Social Drop In Bridge - Community Acupuncture 2- Ping Pong & Dancing 3- Mindfulness Meditation 6:30- Chinese American
9- Sunrise Singers - Woodcarving - Quilting -Fun Bus Trip 10- Massage (by appointment) 10:15- Rhythm-'Aires 12- Lunch- Shepherd's Pie	8- Men/Women in Motion 9- Strengthen & Stride 10- The Write Stuff 10:15- Sit & Get Fit 10:30- Yoga Beginners 12- Lunch- Stuffed Chicken	8 & 8:45-Strength Training 9- Model Building -Men's Outdoor Adventure 9:30- Basic Tap -Comfort Critters 10- Fiber Arts -Grocery Shop 12- Lunch- Pot Roast	8- Men/Women in Motion 9- Strengthen & Stride - Open Studio Art 9:30-Craft Corner -Townie Trip 12- Lunch- Chicken Pesto 1- Fun & Games -Dup Bridge	8 & 8:45-Strength Training 8:30- Nature Walks 10:15- Sit & Get Fit 11:45- Birthday Lunch-Salmon 1- Fun & Games - ESL -Social Drop In Bridge

<p>12- Lunch- Shepherd's Pie</p> <p>1- ESL (off site) - Yoga for All</p> <p>- Drama Reading -Fix It Shop</p> <p>1:30 Caregiver Support Group</p> <p>- Pain management Support Group</p> <p>-Computer Users Group (MHL)</p> <p>3:30-Energize W/ Exercise</p>	<p>12- Lunch- Stirred Chicken</p> <p>12:30- Mahjong</p> <p>1- Fun & Games-Social Bridge</p> <p>1:10- Tai Chi Beginner</p> <p>2- Breath, Balance & Body</p> <p>2:15- Line Dancing</p>	<p>12-45-Performance Tap</p> <p>1- Knit Wits - Fun & Games</p> <p>-Yoga Advanced Beginner</p> <p>2- Wellness Clinic</p> <p>3-10-FRIENDS Fundraiser at 99</p>	<p>1- Fun & Games -Dup Bridge</p> <p>1:10- Tai Chi Intermediate</p> <p>1:30-American History (MHL)</p> <p>2:15- Tai Chi Advanced Beg</p> <p>3:30- Energize w/ Exercise</p> <p>4- Neighbors In Need</p> <p>5:30- Living Healthy</p> <p>6-Belly Dancing -Reflexology</p> <p>6:30- Table Tennis</p> <p>7:15- Serenity Yoga</p>	<p>- Social Drop In Bridge</p> <p>2- Ping Pong & Dancing</p> <p>3- Mindfulness Meditation</p> <p>6:30- Chinese American</p>	
<p>8:30-State Senator</p> <p>9- Sunrise Singers - Woodcarving</p> <p>- Quilting</p> <p>9:30-Meet the Lawyer</p> <p>10- Massage (by appointment)</p> <p>10:15- Rhythm-'Aires</p> <p>12-Lunch-Sweet & Sour Pork</p> <p>1- ESL (off site) - Yoga for All</p> <p>-Drama Reading -Fix It Shop</p> <p>3:30-Energize W/Exercise</p>	<p>8- Men/Women in Motion</p> <p>9- Strengthen & Stride</p> <p>-Brown Bag</p> <p>10-The Write Stuff</p> <p>-Virtual Dementia Tour</p> <p>10:15- Sit & Get Fit</p> <p>10:30- Yoga Beginner</p> <p>12- Lunch-Chicken Stir Fry</p> <p>12:30- Mahjong</p> <p>1- Fun & Games -Social Bridge</p> <p>1:10- Tai Chi Beginner</p> <p>2- Breath, Balance & Body</p> <p>2:15- Line Dancing</p>	<p>8 & 8:45-Strength Training</p> <p>9- Model Building</p> <p>9:30- Basic Tap -Comfort Critters</p> <p>10- Fiber Arts -Grocery Shop</p> <p>12- Lunch-Stuffed Shells</p> <p>12:45-Performance Tap</p> <p>1- Knit Wits -Fun & Games</p> <p>-Yoga Advanced Beginner</p> <p>2- Wellness Clinic</p>	<p>8- Men/Women in Motion</p> <p>9- Strengthen & Stride</p> <p>- Open Studio Art</p> <p>9:30- Craft Corner-Townie Trip</p> <p>12- Lunch-Chicken Pot Pie</p> <p>1- Fun & Games -Dup Bridge</p> <p>1:10- Tai Chi - Intermediate</p> <p>1:30-American History</p> <p>2:15- Tai Chi Advanced Beg</p> <p>3:30- Energize w/ Exercise</p> <p>4- Neighbors In Need</p> <p>5:30-Living Healthy</p> <p>6- Belly Dancing -Reflexology</p> <p>6:30-Table Tennis</p> <p>7:15-Serenity Yoga</p>	<p>8 & 8:45-Strength Training</p> <p>8:30- Nature Walks</p> <p>10:15- Sit & Get Fit</p> <p>12- Lunch-Seafood Newburg</p> <p>1- Fun & Games - ESL</p> <p>- Social Drop In Bridge</p> <p>- Community Acupuncture</p> <p>2- Ping Pong & Dancing</p> <p>3- Mindfulness Meditation</p> <p>6:30- Chinese American</p>	
<p>9- Sunrise Singers</p> <p>- Woodcarving - Quilting</p> <p>- Fun Bus Trip -WOAG</p> <p>10- Massage (by appointment)</p> <p>-Stories at the Center</p> <p>10:15- Rhythm-'Aires</p> <p>12- Lunch- Meatball Subs</p> <p>1- ESL (off site)</p> <p>- Yoga for All</p> <p>- Drama Reading -Memory Cafe</p>	<p>8- Men/Women in Motion</p> <p>9- Strengthen & Stride</p> <p>10-The Write Stuff</p> <p>10:15- Sit & Get Fit</p> <p>10:30- Yoga Beginner</p> <p>12- Lunch-Baked Chx Supreme</p> <p>-Franks Buffet \$8</p> <p>12:30- Mahjong</p> <p>1- Fun & Games-Social Bridge</p> <p>1:10- Tai Chi Beginner</p> <p>2- Breath, Balance & Body</p> <p>2:15- Line Dancing</p>	<p>8 & 8:45-Strength Training</p> <p>9- Model Building</p> <p>-Mens Outdoor Adventure</p> <p>9:30- Basic Tap -Comfort Critters</p> <p>10- Fiber Arts -Grocery Shop</p> <p>10:30 Halloween Party</p> <p>12- Lunch-Witches Stew (Beef Stew)</p> <p>12:45-Performance Tap</p> <p>1- Knit Wits -Fun & Games</p> <p>-Yoga Advanced Beginner</p> <p>2- Wellness Clinic</p>		<p>Menu subject to change with out notice</p> <p>Effective 12/1/18 the suggested donation for lunch will be \$3.00</p>	

Letter From the Town Manager

On September 13th, what is being considered the largest natural gas disaster in our nation's history struck Andover and our neighbors, Lawrence and North Andover. While we train for disaster response, there is no prescribed plan or course of action for what happened. The incident tested our organization's resolve and our Town showed extraordinary resilience under the most difficult circumstances. While our firefighters and police officers responded to fires and calls for service throughout town, staff from across the organization returned to work to help residents who were evacuated or displaced. Without a well-organized and dedicated staff, it could have been chaos. However, we did not see chaos in Andover; we saw a community come together.

As Town Manager, asking residents to evacuate their homes is among the toughest decisions I have to make. However, our residents showed compassion for one another and demonstrated what it means to be a community during a difficult time. Our Senior Center staff and members of the Department of Community Services immediately began to prepare for overnight shelters. The speed at which they worked and mobilized was remarkable.

This is an unprecedented event – and I thank you for your patience as we work to restore normalcy to those who were impacted. Many of our residents and local businesses will remain without gas service for several weeks, and in some cases months. I feel it is our inherent responsibility to support the community by continuing to provide information, to answer questions, and to take steps to mitigate the impacts of this disaster. We are here to serve the people of Andover whose need for our support may never be greater than it is now. The road to recovery will be long, but I am confident that we will get through this together – and be stronger in the end.

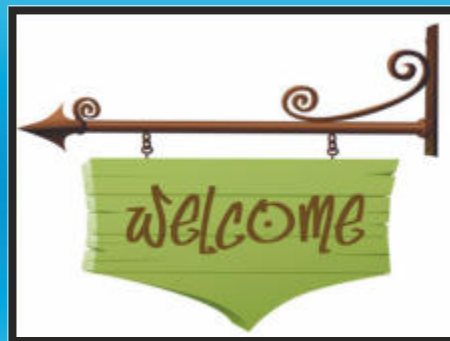
I am proud to be your Town Manager and the community thanks you for your continued support.



Andrew P. Flanagan, Town Manager

Until the gas is restored in town the Andover Senior Center (ASC) will be offering a warm, safe place for anyone who needs it. Guests are welcome to enjoy a hot cup of coffee or tea & the “snack of the day.”

We also welcome visitors to come for our congregational lunch which is served Monday through Friday at 12 p.m. For individuals 60 years and older the cost is a suggested donation of \$2.50 & for individuals under 60 years old the cost is \$4.50. If you would like to have lunch with us, please come in or call the ASC to sign up.



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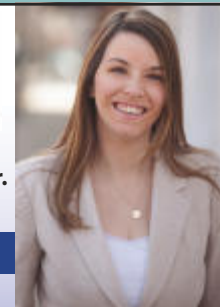
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Chinese 本中心的《英文月报》(News & Views)另附有《中文简讯》，而且都将分送到您的住处；您也可在本中心网站查阅，或者电邮给您。若需电邮，请把邮址传给Chris 女士，登记索要《中文简讯》，即

Translation of above statement: We offer a brief summary of our monthly newsletter for you in Chinese. They will be distributed to housing & put on our web site; or if you would like them emailed to you please email Christine Marshall at Christine.marshall@andoverma.us

ESL Classes

Mondays / 1 p.m. / Off-site at Frye Circle / Cost: FREE

Fridays / 1 p.m. / The Center / Cost: FREE



Friday Night Special: Chinese American

The Association of Andovers & Andover Elder Services are proud to host this evening at The Center with many fun ways to get involved through: Zumba, Yoga, Ping Pong & Games (board/card/Mah Jong) & other fun ways to get socially involved. All are welcome to attend! 安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括：Zumba，瑜伽，乒乓球，*Fridays / 6:30-9:30 p.m. / Cost: FREE*

Chinese Socializing at The Center

Saturdays, / 10am-11:45am / Cost: FREE

Time for Medicare Plan Review with SHINE

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should receive an information packet from your current plan by the end of September. It is important to review and understand this information because it explains the changes in your plan for 2019. Even though you may have the **best** plan this year, it's important to review **all** of your options for 2019 because premiums, deductibles, co-pays, and the drugs covered by your plan can **change** significantly year to year!

Coming up quickly is Medicare's Annual Open Enrollment: **October 15 through December 7th**. Be a wise consumer and take this opportunity to review and possibly change your plan for next year. You are likely already receiving a LOT of information in the mail, email and on television and radio ads about Medicare choices. SHINE (Serving the Health Insurance Needs of Everyone) can help.

Through the federally funded SHIP program, SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Meet with a certified SHINE Counselor who will help you review the 2019 most cost-effective options for **YOU** as an individual. Call now to schedule your SHINE appointment, and bring your new (or old) Medicare card and your list of medications to the appointment.

To schedule a SHINE appointment, call the Andover Senior Center at 978-623-8320

For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE message, leave your name and number and a certified SHINE counselor will call you back.



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Sunday October 28th from 6 p.m.-10 p.m.
Old Town Hall, 20 Main St. Andover

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Dance instruction by Tom Webster of Dance New England

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& sign up to take advantage of this
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ASCF Meetings

Fridays @ 10:30 AM
Website: andoverscf.org

The Andover Senior Community FRIENDS, Inc.
c/o The Center at Punchard
30 Whittier Court, Andover, MA 01810

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Help the FRIENDS support the programs at the Center at Punchard. Come enjoy a trip or two. Check out all we
do! The FRIENDS are a 501c3

Andover Elder Services Renovation of the Senior Center at Punchard

Public Informational Meetings

Tuesday, October 23rd: 10am Memorial Hall Library | 7pm Senior Center

Monday, November 19th: 10am Senior Center | 7pm Memorial Hall Library

Wednesday, December 12th: 11am Senior Center

*Please come learn about this exciting renovation
& ask questions about the project!*

Senior Center Contact Information: 30 Whittier Ct., 978-623-8320

Memorial Hall Library Contact Information: 2 North Main St., 978-623-8451



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